

## **34. Food, Drinks and Healthy Eating policy and procedure**

*(To be read and used with the health and hygiene policy and procedure.)*

It is the policy of Bradley Playgroup and Playgroup Plus to promote a healthy lifestyle when providing food or food-related activities to children.

### **We do this by:**

- Registering our premises with the local authority according to the Food Premises (Registration) Regulations Act 1991, Food Safety Act 1990 and Food Hygiene Amendment (Regulations 1990).
- Seeking advice from the Food Standards Agency where needed.
- Taking account of and learning from the Welsh Government Best Practice Guidance.
- Noting information about their child and family needs provided by parents/carers at admission.
- Displaying our weekly menus in advance.
- Ensuring that we use an inclusive approach to meeting children's dietary/cultural/health and age and stage needs when providing food and food-related activities.
- Ensuring staff receive training about healthy eating and food safety.
- Offering nutritious foods at snack times that meet the children's individual dietary needs.
- Providing fresh drinking water throughout each session.
- Serving a low-fat or semi-skimmed milk option for children over two years of age who eat a varied diet.
- Supporting mothers to continue breast feeding.
- Avoiding foods that contain high proportions of fat, sugar or salt and the use of foods containing additives, preservatives and colourings are minimised.
- Keeping parents/carers informed about what their child eats; their likes and dislikes as new tastes are developed.
- Encouraging children to try a range of food experiences and activities that broaden their taste and understanding of their own and other cultures, in addition to valuing and respecting other traditions.
- Ensuring that food that is part of a celebratory event is discussed in advance and continues to meet this policy and procedure. Parents may bring in a birthday cake for their child. We will celebrate the child's birthday by singing happy birthday as a group. Birthday cake or any party favours will be sent home with the children and parents can decide if and when they have these favours.

- Encouraging children to access outdoor activities.
- Never using food as a form of punishment.
- Giving children the time that they need to eat and drink.
- Using appropriate furniture, crockery and cutlery and serving food in ways that develop and encourage social skills.
- Ensuring adults sit with children at meal times and model and encourage social skills and behaviour.
- Ensuring that any food waste is disposed of in ways that care for our environment.
- If a child has allergies, we will provide alternatives where possible.

This **Food, Drinks and Healthy Eating** policy and procedure was passed for use in Bradley Playgroup

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